

**What Is Claimed Is:**

1. An improved clothing hanger adapted for personal use comprising a triangular rigid upper part adapted to receive a shirt, coat, blouse or the like, the upper part having attached thereto a closet rod hanging means or hook, the hook having attached thereto a text messaging means for communicating instructions to a person, a transparent or translucent container means detachably connected to the upper part, the container means being adapted to hold articles of clothing such as underwear, belts, scarves, socks and the like, at least one horizontal bar attached to the upper part and located underneath the container means, the horizontal bar being adapted to support a pair of trousers, a dress, a skirt, or a plurality of such items.
2. An improved method for coordinating a process of dressing a person comprising the step of using the hanger described in claim 1.
3. An improved method for communicating text messages to a person during the process of dressing comprising of the step of using the hanger described in claim 1.